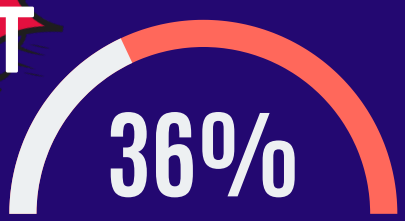


DHSS WORKSITE WELLNESS EMPLOYEE INTEREST SURVEY

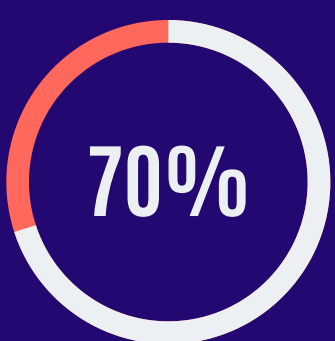
Key finds



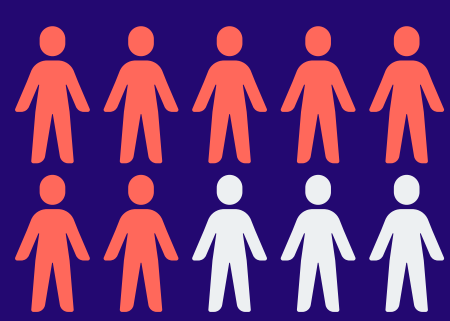
Said WWC sponsored activities have increased their knowledge regarding wellness topics



Said WWC sponsored activities have encouraged them to adopt healthier habits



Of survey respondents are familiar with the 14.3 policy for time off work to participate in events



7 in 10 respondents said they were motivated to participate in WWC activities to maintain a positive mental health status and provide stress relief

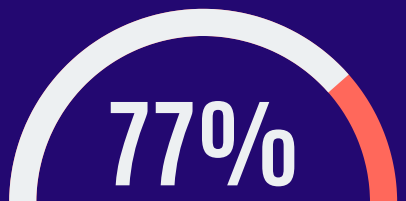


The 8 Dimensions of Wellness

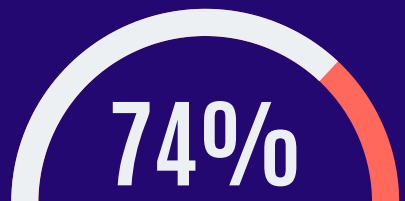
Ranked by interest...

| | |
|------------------|-----|
| 1. Physical | 73% |
| 2. Emotional | 54% |
| 3. Occupational | 52% |
| 4. Social | 42% |
| 5. Intellectual | 41% |
| 6. Financial | 36% |
| 7. Environmental | 32% |
| 8. Spiritual | 26% |

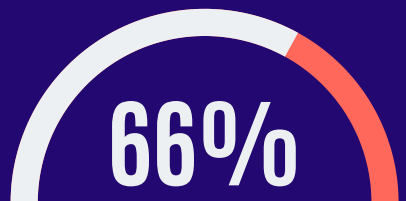
What are we most interested in?



Preventative wellness screenings (like blood pressure, cholesterol and diabetes)



Weight management



Participating in department-wide lifestyle or fitness challenges

What can the WWC do to better support DHSS?

- Encourage more social connectedness among employees
- Offer more resources to out-county offices (not in Jefferson City main buildings)
- Increase supervisor approval and support of Worksite Wellness participation
- Promote more - make our resources be known!